

# Covenant Schools of Rio Rancho October 2024 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Breakfast</b>		Yogurt Parfaits w/Blueberries, & Milk	Bagels w/ Cream Cheese, & Milk	Waffles, Fruit, & Milk	Biscuits, Jelly, & Milk
<b>AM Snack</b>		Juice & Goldfish	Animal Crackers & Applesauce	Hard Boiled Eggs & Pita Bread	Yogurt & Berries
<b>LUNCH</b>		Cajun Sausage, Red Bean & Rice Casserole, Fruit, & Milk	Meatball Veggie Soup w/ Rice, Fruit, & Milk	Spaghetti w/ Marinara Sauce, Fruit, Salad, & Milk	<b>Beef Taquitos</b> w/Sour Cream, Salad, Fruit, & Milk
<b>PM Snack</b>		Tortillas & Jelly	Cucumbers & Ranch	Apples & Graham Crackers	Pretzels & Cheese
<b>WEEK 2</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Breakfast</b>	Hard Boiled Eggs, Salsa, Fruit, & Milk	French Toast Sticks, Fruit, & Milk	Cereal, Bananas, & Milk	Cinnamon Apple Oatmeal, & Milk	<b>Closed</b>
<b>AM Snack</b>	Cucumbers & Hummus	Cheese & Crackers	Carrot Sticks & Ranch	Tortilla Chips & Salsa	<b>For</b>
<b>LUNCH</b>	Teriyaki Chicken w/ Broccoli, & Rice, Fruit, & Milk	Creamy White Chile Soup, Fruit, & Milk	Mac & Cheese w/ Peas, Fruit, & Milk	Meatballs w/ Gravy, Mashed Potatoes, Fruit, & Milk	<b>Fall</b>
<b>PM Snack</b>	Frozen Yogurt & Crackers	Bananas & Vanilla Wafers	Hard Boiled Eggs & Saltines	Oranges & Animal Crackers	<b>Break</b>
<b>WEEK 3</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Breakfast</b>	Cereal, Bananas, & Milk	English Muffins, Jelly, & Milk	Blueberry Muffins, & Milk	Cream of Wheat, Fruit, & Milk	<b>Closed</b>
<b>AM Snack</b>	Goldfish & Juice	Applesauce & Saltines	Bananas & Animal Crackers	Pita Bread & Hummus	<b>For</b>
<b>LUNCH</b>	Chicken & Rice Soup w/ Mixed Veggies, Fruit, & Milk	Eloté Mac Salad (Pasta, Celery, Cotija, Corn, Mayo, Diced Ham), Fruit, & Milk	Cheesy Broccoli Soup w/ Rice, Fruit, & Milk	<b>Chicken Alfredo</b> , Salad, Fruit, & Milk	<b>In-Service</b>
<b>PM Snack</b>	<b>Pumpkin Bread &amp; Whip Cream</b>	Cucumbers & Ranch	Strawberries & Pretzels	String Cheese & Apples	<b>Day</b>
<b>WEEK 4</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Breakfast</b>	Bagels, Cream Cheese, & Milk	Cereal, Bananas, & Milk	Waffles, Fruit, & Milk	Yogurt Parfaits w/ Blueberries & Milk	Hard Boiled Eggs, Salsa, Fruit, & Milk
<b>AM Snack</b>	Carrot Sticks & Ranch	Juice & Goldfish	Hard Boiled Eggs & Pitas	Cucumbers & Hummus	Tortilla Chips & Guacamole
<b>LUNCH</b>	Red Chile Enchiladas, Salad, Fruit, & Milk	Sloppy Joes, Chips, Pickles, Fruit, & Milk	Chicken & Veggie Stir Fry, Rice, Pineapple, & Milk	Chili Beans & Rice, Fruit, & Milk	Hamburger Vegetable Soup w/ Rice, Fruit, & Milk
<b>PM Snack</b>	Frozen Yogurt & Saltines	Fresh Fruit & Pretzels	Tortillas & Cheese	Oranges & Animal Crackers	Olives & Cheese
<b>WEEK 5</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Special Days!!</b>
<b>Breakfast</b>	Biscuits, Jelly, & Milk	<b>Blueberry Oatmeal</b> , & Milk	Pancakes, Fruit & Milk	Cereal, Bananas, & Milk	4 <sup>th</sup> Taco Day
<b>AM Snack</b>	Goldfish & Juice	Hard Boiled Eggs & Mini Peppers	Applesauce & Grahams	Yogurt & Berries	14 <sup>th</sup> Dessert Day
<b>LUNCH</b>	Bean & Cheese Tacos, Corn, Fruit, & Milk	Chicken Nuggets, Mashed Potatoes, Fruit, & Milk	Tomato Florentine Soup w/ Spinach, Saltines, Fruit, & Milk	Turkey Sandwiches, Chips, Pickles, Fruit, & Milk	17 <sup>th</sup> Pasta Day 28 <sup>th</sup> Chocolate Day

**PM Snack**

**Chocolate Ice Cream &  
Bananas**

Pita Bread & Guacamole

Tortillas & Cheese

Oranges & Animal Crackers

29<sup>th</sup> Oatmeal Day